



Safety Alert 05-11

Heat Stroke

21 July 2005

Another Fort Leonard Wood Soldier has suffered a heat stroke. Although it is too soon to know if the Soldier has suffered any serious harm, ANY heat stroke is a very serious incident and potentially FATAL. We must all be extremely diligent to prevent any more such injuries.

All leaders should conduct an immediate evaluation of their heat injury prevention programs, to ensure that these programs are thorough, effective and being properly executed.

REMEMBER: Current temperature is not the only risk factor for heat injuries. Effects of heat are cumulative.

Commanders need to consider the following:

H - Heat category the past 3 days

E - Exertion level the past 3 days

A - Acclimation/other individual risk factors

T - Time of heat exposure--to include nights--and recovery time

In addition, leaders should:

Review:

- MSO Safety Alert 05-08, Heat Injury Prevention
- GTA 05-08-012 Individual Safety Card
- TRADOC Reg 350-29, Prevention of Heat and Cold Casualties, 16 JUL 03
- TRADOC Reg 350-6 ENLISTED INITIAL ENTRY TRAINING (IET) POLICIES AND ADMINISTRATION 15 AUG 03, Appendix J: Heat Casualty and Injury Prevention

Remember Heat Injury Keys:

Acclimatization: Need 10-14 days to get adequately acclimated.

Accumulative: Cumulative days (2-3 days) of exposure to increased heat and increased exertion levels.

Awareness: Inform everyone of steps to prevent heat injuries.

Adjustment: Leaders must adjust training and other activities based upon current weather conditions - especially increased levels of heat - conditions of Soldiers, and other factors.

Enforcement: Monitor and enforce hydration standards, eating of meals and random checks.

Report: Report cases of heat exhaustion or heat stroke.

Risk Management: Current risk assessment, updated prior to each day's training, and as conditions change. Discuss control measures from risk assessments with everyone involved in the training. (suggest using the Heat Injury Risk Management Matrix in TRADOC Reg 350-29, appendix B, Handout 2).

Reaction: Immediately call for emergency transport

MANSCEN SAFETY OFFICE